It will be longer than 5 steps but I will try simplify. For a threat level I am going to assume you are a small personal use buyer in the US.

You will need:
A laptop
A USB with tails on it
For ease. A phone preferably with a OS like Graphene.

Download cake wallet for ease this can be done on your phone but it does have releases for windows and linux too.
set it up (it's easy it walks you through it). Setup a Litecoin LTC and Monero (XMR wallet) respectively.

Setup your tails USB. Again Tails will walk you through it. Setup a persistence. All of this is button clicking and very simple if you can't read then I think you need help.

Once you're setup and connected to the internet
Open kleopatra
- Click "file" (top left corner)
- Click "New open PGP pair"
- A text box appears saying Name (put anything here like ilikedrugs69). Also click the box that says "Protect the generate key with passphrase"
- In the advanced settings you can make sure it is valid until (infinite or any date you like default is 2 - 3 years and this is optional)

Open keepass (it's the password manager), This will store all your passwords so you don't have to go through the pain of remembering them. (In the settings you can make it so it doesn't autolock after a certain time this is up to you though)
- Right click and click "add entry" (this an also be done by clicking the entry tab at the top or hitting ctrl i)
- generate a password (for the PGP key)
copy paste it into the box that appears asking you to create a password for your pgp key that appears in kleopatra

Boom you now have a PGP Key

You can practice encrypting and decrypting in /d/pgppractice but it isn't hard.

Find a market you like on /d/superlist
Make an account (follow their sign up instructions you can put all info into a new keepass entry so you don't forget it)

You now have an account.

You will need to add your pgp to your market profile and this is simple.

Go to the certificates tab in kleopatra.
Click on your pgp name (look for your user it is in a BOLD font)
Click file, export.
Locate your PGP and open it as a text file (if you can't simple just rename it from a .asc to a .txt file)
Ctrl a (Select all), ctrl c (copy), ctrl v (paste) where the market tells you in your settings and do whatever you're asked to do to verify it is you PGP key.

Great your market profile is now setup and you're almost ready to buy.

Find a vendor you like for safety stick to vendors in your country (domestic shipments) Remember to research them on here too!
Import their pgp key which is simple. Find where it says PGP key or Vendors PGP key. Select it all and copy it.

Go to kleopatra. Click notepad, paste it into the notepad section then click "import notepad"
Great now you have their PGP key. Easy as fuck

Now you can either buy the crypto first or buy it when you need it I always buy it first because Monero (XMR) can take 30 minutes to settle.
Go to cake wallet.
Buy Litecoin. It is advised you buy over what the product price is due to fees. If your selected product is $50, buy $60 worth of LTC.
Swap Litecoin to Monero (this can be done in the wallet it's easy as shit)
The XMR should settle in around 30 minutes or so.

Each market has a different checkout process for this example I will use darkmatter as it doesn't require a deposit.
Go to the market and add the product to your basket.
Go to checkout.
Click pay or whatever the button says it will create an invoice. It will say paid, unpaid, confirming etc.

Go to kleopatra and go to the notepad. (make sure it is blank, duh)
Put in your address the vendor may have a specific way they want it laid out if they don't just do the default for your country
On the recipients tab make sure you have only selected the vendors PGP key and deselect your own. Only the vendor should be able to decrypt this.

It will then encrypt it.
Copy and paste that encrypted message into whatever box it tells you to put order information in. Send the EXACT amount of XMR it tells you to the address they provide.

The rest is out of your hands now. Payment sent just wait for the vendor to confirm and ship your order. Keep an eye on the AF timer, stick to escrow vendors so if you have an issue with the product, non arrival etc you can dispute.

If the vendor offers tracking, pay for it.

SAVE ALL RELEVANT SHIT TO YOUR PERSISTENCE SO CLICK THE OPTION TO SAVE PGP KEYS AND MAKE SURE YOUR PASSWORD FOLDER IS SAVED IN IT TOO OR YOU'LL GO THROUGH THIS PROCESS EVERY TIME

Hope this helped